Race Information

2021 U.S. Paralympics Nordic Skiing & World Para Nordic Skiing USA Race Series



January 18, 2021 – February 5, 2021

Crosscut Mountain Sports Center 16621 Bridger Canyon Road, Bozeman, MT 59715 406.586.9690

February 5, 2021 - February 17, 2021

Soldier Hollow Nordic Center 2002 Soldier Hollow Lane, Midway, UT 84049 435.654.2002

GENERAL INFORMATION

Race Registration

All races are sanctioned with WPNS. Race fees will be \$20 per person per race. U.S. Paralympics Nordic Skiing will bill nations for the races competed in, along with COVID test costs, at the end of the event. **Please enter your athletes on SDMS for all races.**

Team Captains Meetings

There will be no TCMs during this event. All event information will be sent out via a PDF on WhatsApp before competition days. Information in this document is general and subject to change based on conditions, but will hopefully give you a good idea of best places to access training and general information for the races. Contact Eileen at any time with questions.

INFORMATION on BOZEMAN

Passes/Trail Fees

Crosscut Mountain Sports Center in Bozeman will provide free season's passes to all participants.

Trails in town are all free/donation based. Click here if you want to contribute.

Skiing in Bozeman

There are many great places to ski in Bozeman. Crosscut is the home base for our team and where we do a majority of our training. But there are many other options around town when the snow is good. Here is some information about the different locations to get you started:

<u>Crosscut Mountain Sports Center:</u> has the most extensive trail network and the higher elevation usually means the best snow conditions. This is where the biathlon range is. Best sit ski terrain is accessed via the Pumphouse trail, the flat trail on the Southwest corner of the stadium. There are good trail maps at intersections. Lodge is closed, so be prepared to base out of your car, although there are portable toilets in the parking lot. The row of parking closest to the trail is reserved for sit skiers. Not all phones have cell service up here, so just be aware. There is guest wifi near the lodge. Address: 16621 Bridger Canyon Rd. Bozeman, MT 59715 Grooming report: https://www.crosscutmt.org/grooming-and-conditions

Lindley/Sunset Hills: is right in town and has man-made snow so is currently the most reliable for in town skiing until we get more snow. Outer loops are well prepared and an even grade so good for sit skiing. There are bypasses around all steep climbs. It is a very small area, but there are good options for training. Make sure to check out the grooming report for when there are practice times of other teams. Just be aware that if there are any BSF practices noted, there will likely be a lot of action out there. There are not toilets at the trailhead (although there will be when we have the race here at the end of the month). There is a portable toilet behind the building at the top of the climb, although sit skiers who use wheelchairs may need assistance to get to it.

Address: Look for the Lindley Center on maps: 1102 E. Curtiss St. Bozeman MT 59715 Grooming report: <u>https://www.bridgerskifoundation.org/trails/grooming-report</u>

Bridger Creek Golf Course: is a great in town option for afternoon/recovery skis when there is enough natural snow in town. There are 2 parts to the skiing. The address below will bring you to the hillier side of the course. For easier terrain, cross the road to get on snow. There are a few kilometers on either side of the road, so this is best for a short ski.

Address: 2710 McIlhattan Rd. Bozeman MT 59715 Grooming report: <u>https://www.bridgerskifoundation.org/trails/grooming-report</u>

<u>Sourdough Canyon</u>: this is a great place for a coach ski (not great for sit skiers unless you want a long, hard ski with a lot of traffic). Gradual uphill brings you up into a canyon, with some big drops offs into a river bed. First 3-4K are busy with

people and dogs, but after that it improves significantly. If you have a couple hours or more, a ski to Mystic Lake is awesome. Follow the trail in the only direction and take a left at first intersection, about 9 or 10k in. You can also ski up and over a pass into the next Valley (Mosher Trailhead) if you want a point to point. Address: Sourdough Canyon Rd. Bozeman, MT 59715

Grooming report: https://www.bridgerskifoundation.org/trails/grooming-report

<u>Hyalite</u>: is a spectacular canyon with narrow trails groomed all around it. It is not groomed often, and trails are used by walkers, dogs and skiers so get really destroyed after a few days, but if you can hit it on a weekday morning of a fresh groom, it is a great adventure ski for sit skiers with assist or for a coach ski. It is a bit of a drive, but is very pretty if you have a day off and want a scenic place to check out.

Address: Look up Hyalite Reservoir on Google Maps

Grooming report: https://www.bridgerskifoundation.org/trails/grooming-report

Race Schedule Bozeman

January 29 - Cross country sprint - Crosscut Mountain Sports Center

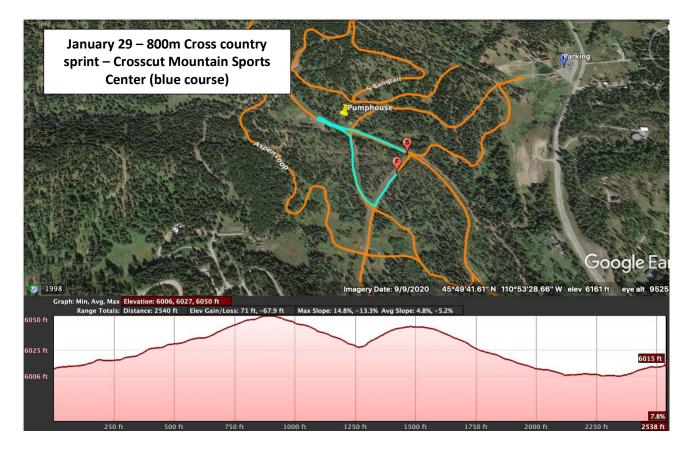
- o 9AM qualification
- 9:45AM Semifinal #1
- 9:50AM Semifinal #2
- 10AM C Final
- o 10:05AM B Final
- o 10:10AM A Final

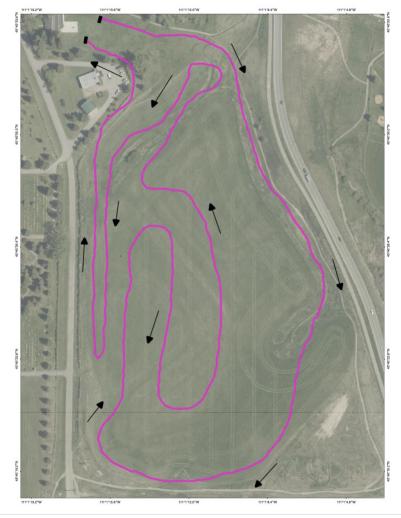
January 30 - Cross country 10k - Lindley/Sunset Hills

o 9AM start

Courses Bozeman

Courses subject to change:





January 30 – Cross country 10k – Lindley/Sunset Hills (4x2.5k)

GENERAL INFORMATION on SOLDIER HOLLOW

Passes/Trail Fees

Participants will need to purchase day passes (\$15 per person/day) or a season's pass (\$150) from the Soldier Hollow Nordic Center during business hours (9-4:30PM).

Skiing in Utah

Soldier Hollow: is the main venue and we anticipate doing all or most training here. The GPS address will take you to the Nordic Center. This is where you will need to purchase passes, but it is not the best place for sit skiers to get on snow. To get to good sit ski terrain, rather than taking a right up the hill where the flags are, keep going straight on Olympic Dr. You will need to pass through some narrow gates and then you will drive under a bridge and enter into a multi-level parking area with a large timing building ahead. Park in the top lot. There should be accessible portable toilets here and a good place for sit skiers to get on snow. There will be no inside areas, so you should plan to base out of vehicles.

Address (to Nordic Center): 2002 Soldier Hollow Ln. Midway UT 84049

<u>White Pine Touring Nordic Center</u>: is about a 30 minutes from Soldier Hollow in Park City and has some good sit ski terrain if you are looking for another option while in the area. Address: 1541 Thaynes Canyon Drive, Park City, UT 84060 Website: <u>https://whitepinetouring.com/cross-country-track-conditions-park-city.php</u>

Schedule Utah

February 6 9-11AM cross country training

 February 7
 9-11am cross country training
 3PM biathlon training

 February 2
 0.11am cross country training

3PM biathlon training

February 8 9-11am cross country training

February 9 9-11AM cross country training

February 10 9-11:30AM biathlon training

February 11 – Biathlon Sprint 2km course

- o 9AM zero
- 10-11AM race

February 12 – Cross Country Sprint

- 9AM qualification
- o 9:45AM Semifinal #1
- 9:50AM Semifinal #2
- 10AM C Final
- o 10:05AM B Final
- 10:10AM A Final

February 13 9-11AM cross country training 3PM biathlon training

February 14 9-11:30AM biathlon training

February 15 – Biathlon Individual 2.5km course

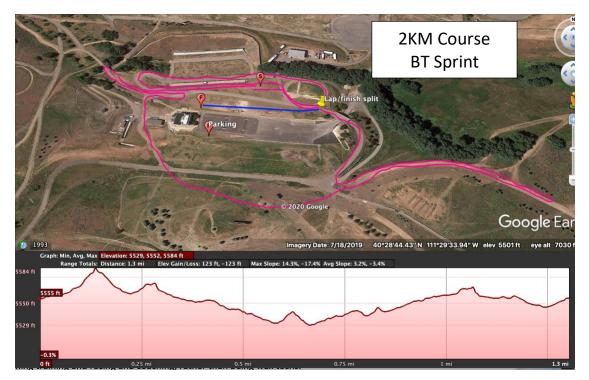
- o 9AM zero
- 10-11:15AM race

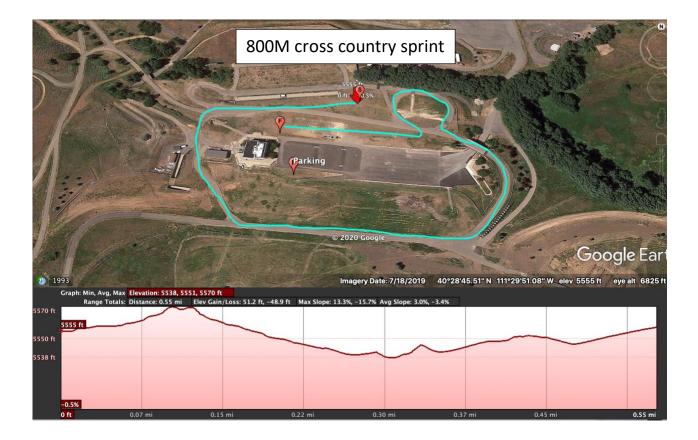
February 16 9-11AM cross country training – skills competition

February 17 – Cross Country Middle 2.5km course

• 9AM – race start

Courses Soldier Hollow







Additional COVID Details

Our number one goal is to have safe events for all involved. To do this, we are instituting some race protocols that are unconventional, but will allow us to offer competitions fairly and safely during this unique time.

- We will run the races as much as possible with the collaboration of coaches from all nations. This will limit the number of volunteers who need to be on site on any given day, and will keep our athletes and staff as safe as possible. We ask coaches to be available to help with race set up and similar tasks to limit the numbers of people needed to put on races. Eileen will communicate with coaches with details before races.
- We will all wax with the same wax for races. It is our hope that this will allow us to focus coaching energy on running training and racing and coaching, rather than being wax techs.
- There will be no indoor spaces open for athletes or staff. You will need to provide your own transportation and be ready to base out of vehicles while not on snow while at the venue.
- We will have ample cleaning supplies for use on the range.
- Races that typically include penalty loops will instead use a 20 second time penalty. This will allow us to limit volunteers needed to set up and manage counting loops during the race.
- All athletes will be combined into one race, with sit skiers having -12% and women -15% for combined races. This follows current WPNS Points and <u>World Cup Points Rules</u>. If we have enough points holders, we will separate men's and women's results. To make this happen, all cross-country races will be classic for standing/VI classes and on the sit ski course. **Biathlon races will not be eligible for WPNS points for standing/VI skiers.**
- We will not have awards or ceremonies.
- All TCMs will be virtual/information sent over WhatsApp.
- No spectators will be permitted.
- We ask that all athletes wear masks in start/finish areas and when getting on and off of skis. We ask that coaches and volunteers wear masks at all times when not skiing.